



Ingredients

- 4 Ounces Queso Para Freír
- 1½ Cups Masarepa
- 2 Cloves Garlic
- 1 Avocado
- 1 Bunch Lacinato Kale
- 1 Lime
- 1 Poblano Pepper
- 1 Red Bell Pepper
- 1 Bunch Cilantro
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons Sliced Almonds
- 1 Tablespoon Mayonnaise
- 1 Tablespoon White Wine Vinegar

Makes 3 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min





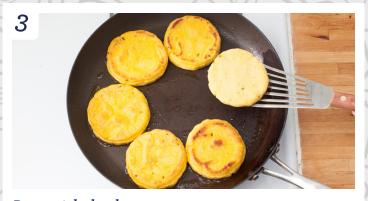
Prepare the ingredients:

Preheat the oven to 400°F. Wash and dry the fresh produce. Using a peeler, remove the lime rind, avoiding the white pith; mince to get 2 teaspoons of zest. Quarter the lime. Remove and discard the kale stems; thinly slice the leaves. Remove and discard the stems, ribs and seeds of the bell and poblano peppers; cut into large pieces. Slice the queso into 6 planks. Peel and mince the garlic; using the side of your knife, smash until it resembles a paste (or use a zester). Roughly chop the almonds. Pit, peel and thinly slice the avocado; top with **the juice of 2 lime wedges**. Mince the parsley and cilantro leaves and stems; place in a bowl and drizzle with olive oil.



Make the dough & form the arepas:

In a large bowl, combine the masarepa, lime zest, 1½ cups of lukewarm water and 1 teaspoon of olive oil. Season with salt and pepper; stir to form a stiff dough. Transfer to a clean, dry work surface. Using your hands, knead the dough for 20 to 30 seconds, or until smooth. Form into 6 equal-sized balls. Flatten the balls with the palm of your hand to create ½-inch-thick discs.



Brown & bake the arepas:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **arepas**. Cook 3 to 4 minutes per side, or until lightly browned. Transfer to an oiled sheet pan. Bake 13 to 15 minutes, or until cooked through. (To test the doneness of your arepas, cut a small slit into their centers. The insides should be moist, but not gooey.) Remove from the oven.



Cook the peppers & queso:

While the arepas bake, wipe out the pan used to brown the arepas. Add 2 teaspoons of olive oil; heat on medium-high until hot. Add the **bell and poblano peppers**; season with salt and pepper. Cook, turning occasionally, 2 to 3 minutes, or until softened. Add the **queso.** Cook 1 to 3 minutes per side, or until browned. Remove from heat and set aside in a warm place.



Make the dressing & salad:

While the arepas continue to bake, in a small bowl, combine the mayonnaise, half the garlic paste, the juice of the remaining lime wedges and a drizzle of olive oil; stir to thoroughly combine and season with salt and pepper to taste. In a medium bowl, combine the kale, avocado and almonds. Add as much of the dressing as you'd like (you may have extra); toss to coat and season with salt and pepper to taste.



Make the chimichurri & plate your dish:

In a bowl, combine the **dressed parsley and cilantro, vinegar, remaining garlic paste** and **2 tablespoons of olive oil**; season with salt and pepper to taste. Halve the **baked arepas** horizontally; spread a thin layer of the **chimichurri** onto the cut sides. Divide the **cooked peppers and queso** between the arepa bottoms. Top with a spoonful of **chimichurri** and the arepa tops. Serve with the **salad** and **any remaining chimichurri** on the side. Enjoy!